

5 A Day Recipes

Blue/Purple Recipes

Frozen Blue Devil

Serves 6

This frosty, tasty treat is provided by the California Dried Plum Board, and gives each person one "5 A Day" serving.

- 6 ounces pitted dried plums (about 1 cup)
- 6 tablespoons hot water
- 32 ounces white grape juice
- 1 package (10 ounces) frozen sweetened raspberries, partially thawed
- 2 tablespoons fresh lemon juice

In a blender, combine the dried plums and water; process until the plums are finely chopped. Add the grape juice, raspberries, and lemon juice and puree until smooth. Pour into a shallow metal baking pan. Freeze for 2 hours, stirring every 30 minutes. Freeze for about 2 hours longer, or until completely frozen.

To serve, let the icee stand at room temperature for about 15 minutes, or until slightly softened. Use a metal spoon to scrape across its surface, transferring the ice shards to chilled dessert dishes or wine glasses without packing them.

Nutritional Analysis per serving:

225 calories
1.4 grams protein
57.1 grams carbohydrate
0.4 gram fat
0 mg cholesterol
6.4 grams dietary fiber
11 milligrams sodium
1 "5 A Day" serving